

## **Inspirations**

The latest news and annual report from Ashland Community Health Foundation

Invest • Innovate • Impact

#### PATRONS CAMPAIGN

Together We Can Build a Healthy Community for All

We are so fortunate to live in a community that comes together to support one another during challenging times. Through their support of ACHF, our donors have helped improve lives, lift up families, and strengthen local health care resources.

Last year, donations to Community Health Initiatives

helped patients through an innovative and mobile health program. Patients like an older, frail woman who was grieving the loss of her spouse. After being discharged from the hospital, she was facing recovery at home, alone. Mobile health caregivers ensured she had food and all she needed to heal, including transportation to medical appointments.

Through the compassionate care of the mobile health team, she was able to heal and find peace and comfort in the wake of her loss.

Consider the young boy whose life was upended first by the crises of the past few years and then by the recent loss of his brother and his parent's divorce. Through the generosity of our community, he was able to access his school-based health center because it was open longer hours during the summer. There, a social worker helped him through his grief.

More people of all ages in Ashland, Talent, and Phoenix—and the community and health care resources they count onneed our help. That's why this year, gifts to the Patrons Campaign will support Community Health Initiatives.

With your help, we will work to support our most pressing local health and wellness needs and how to address them. Investments will be made in local initiatives that increase access to services and programs that will improve the lives of your friends, neighbors, and family.

With your support, we will help people throughout our community receive the care they need and as a result, our whole community will benefit

If you would like to make a gift, please use the enclosed envelope or call Kathleen Mackris at 541-482-0367 x1.



#### PRESIDENT'S LETTER

As I sit down to write this letter, spring has finally arrived in the Rogue Valley - at least for today!

The spring edition of *Inspirations* serves as our annual report and gives me the opportunity to say "thank you" for your continued partnership with our foundation. As a member of our ACHF family, you inspire me every day through your generosity and desire to help build a healthy community for our families, friends, and neighbors.

Our expanded reach and giving opportunities allow you to support the projects you deeply care about and touch more lives than ever.

Cindy Bernard ACHF Board President

Our annual report also gives me the opportunity to look back on all we were able to accomplish together in 2022. As you read through our newsletter, I hope you are as proud as I am about the positive impact your gifts have had on the lives of so many people in Ashland, Talent, and Phoenix.

In 2023, we will continue to partner with you to make a difference. Our expanded reach and giving opportunities allow you to support the projects you deeply care about and touch more lives than ever.



You can have a voice in how your gifts are used to promote health and wellness in our community. Please reach out to our foundation staff and board members if you would like to learn more about our work and share your interests.

With gratitude,



Cindy Bernard President

## START YOUR OWN FUND

We are excited to announce that ACHF is expanding giving opportunities and gift planning resources.

Because of our commitment to advance health and well-being for people in Ashland, Talent, and Phoenix, we have launched three new types of funds: designated funds, field of interest funds, and unrestricted funds. These funds allow you to maximize the amount you can give so you can support local causes you care about, now and into the future.

To find out more about starting your own fund, estate planning, or other ways to leave a legacy, contact Philanthropy Director, Kathleen Mackris, at 541-482-0367 x1.



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Stephanie Roland Associate Director

Kathleen Mackris Philanthropy Director

Nicole Gutrich Community Engagement Coordinator

#### **HOW YOU AND ALL OUR DONORS HAD AN IMPACT IN 2022**

**\$279,573**Hospital Programs & Services

\$229,915 Community Health Initiatives

\$742,582

Awarded for Grants & Scholarships

\$233,094 Scholarships

#### **SCHOLARSHIPS**

William G. & Ruth T. Evans Endowed Nursing Scholarship awarded over \$169,000 to support 32 local nursing students. Students like Elena Feliz, enrolled in the Accelerated BSN program at OHSU Ashland Campus. For Elena, the pace of the nursing program makes it difficult to work while in school. The scholarship eased her financial burden allowing her to fully participate in the intensive 15-month program.

Seven students enrolled in Rogue Community College's Allied Health Program received scholarships totaling \$18,250.



## COMMUNITY HEALTH INITIATIVES

Seven community-based organizations were awarded grants ranging from \$7,000 to \$75,000 to support services that created or expanded access to health and wellness programs in Ashland, Talent, and Phoenix.

#### La Clinica

Opportunities for Housing, Resources, & Assistance (OHRA)

**Mercy Flights** 

Rogue Valley Farm to School
Rogue Valley Mentoring
Talent Maker City
United Way of Jackson County

Find out more:



### ASANTE ASHLAND COMMUNITY HOSPITAL

Over \$260,000 was awarded to help fund hospital programs and services. The highlights include:

**Age-Friendly Initiative**, which meets the unique health needs of older adults and geriatric patients. Funds support employee education and specialized training.

**Cardiac Telemetry** monitoring equipment supports early detection of heart problems such as an abnormal heartbeat or heart attack.

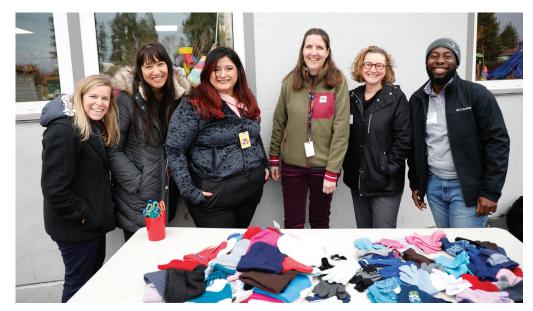


School Nurse Program, which serves over 5,000 K-12 students in the Ashland and Phoenix-Talent School Districts. The program offers a full complement of nursing services at 13 locations across both districts.

## MITTEN, GLOVE, AND HAT DRIVE FOR LOCAL K-5 STUDENTS WARMS HEARTS

Foundation Welcomes Students Back to School by Distributing Much-Needed Winter Items

Over 1,000 items were distributed across the Phoenix-Talent and Ashland School Districts. Enough to provide for each student in need of warm clothing for the winter.



I love this drive and how excited students get when they get to pick out their very own pair of gloves and a warm fuzzy hat. This year was extra special because we were able to hand them out on the first day back from winter break. Transitions like that can be hard but the drive was a concrete reminder to the students that they are part of a community that cares for them.

> Rosario Medina ACHF Board Member









#### **GET TO KNOW ACHF'S NEWEST EMERITUS BOARD MEMBER**

Ed Colson was recently named to Ashland Community Health Foundation's Emeritus Board of Directors. Ed's involvement with the foundation began in 2009 and continued until he retired from the board in December 2022. Ed served in many positions over the years including Treasurer, Vice President, President, and Past President. He received the 2020 Distinguished Service Award for his leadership during early days of the organization's transition from a traditional hospital foundation to a community health foundation.

Janet Troy sat down with Ed to talk about his new role as an emeritus board member.

#### JT: What inspired you to dedicate more than 13 years of your time, talent, and treasure to support ACHF?

EC: When I first became involved in the foundation, it wasn't for purely altruistic reasons. One of the board members at the time, Tom Kennedy, was going to roll off in a few years. He had insurance expertise and I was also in the insurance business, so I would be able to be a source for that knowledge.

Additionally, there were many well-known community leaders on the board and I felt honored to be invited as part of that group. I didn't originally intend to devote so much of my life to the founda-



Ed with the late Bob Holbrook, at breakroom ribbon cutting.

tion, then something changed. Once I got involved, I saw the good that ACHF was doing in the community. I saw the impact we were making in people's lives and on the quality of health care.

I realized I wanted my service to be more than a six-year commitment where I attended meetings and provided insurance advice. I stayed involved because this was not your basic board job, we were changing people's lives. I believe that's why the foundation has had so many long-time board members. It's more than governance oversight. Once I connected with the foundation's mission, I was hooked!

As I maneuvered my own health care challenges over the years, I continued to appreciate how important it is to have high quality care available when we need it. My real life experiences reinforced the difference ACHF was making in the community. And we weren't just making a difference at Ashland Community Hospital. We were making a difference in the lives of the Evans Nursing Scholarship recipients too. We were reducing their debt, the amount of time they had to work while they attended school, and their overall stress. Again, I saw real life examples of how ACHF was impacting lives by supporting our future caregivers.

As the foundation broadened its mission to support community health and wellness, I was excited by the opportunity to touch even more lives in Ashland, Talent, and Phoenix. I was grateful to have the opportunity to help lead this transition and expand our mission and focus.

### JT: What have you gained from your involvement with ACHF?

EC: I gained a perspective that would not have been possible without serving on the ACHF board. I learned how hospitals operate, where the funding for health care



comes from, and the importance of our foundation's support. I had insight into the industry that I would not have had otherwise, and my increased knowledge transferred to other parts of my life. The behind-the-scenes perspective I gained was invaluable and it was very helpful to understand how our foundation fit in the big picture of health care. I also learned about community health, the challenges and barriers many people face in accessing care, and why the foundation's work continues to be even more important than ever.

#### JT: How did you feel when you were named as an Emeritus Board Member in January?

EC: I was extremely honored. As I think back on my years with the foundation, I feel that my accomplishments have been fully recognized and appreciated. More importantly, I am so honored to belong to the emeritus group because I have worked closely with most of the members and am so grateful to be in their company. I witnessed firsthand their amazing contributions to the foundation and our community.

#### ALLIED HEALTH SCHOLARSHIPS MAKE A DIFFERENCE

For as long as she can remember, Teri Evans had a fear of the dentist. As a child, she did not receive proper dental care and had unpleasant experiences, so Teri stopped visiting the dentist. Instead, she hid her dental pain throughout her life and was ashamed of her smile.

Then, an accident last November necessitated a trip to the dentist. Filled with dread and anxiety, Teri gathered her reserves and made the appointment. As she waited for the dentist, Teri told the dental assistant about her anxieties. "The moment I sat down in the chair, the dental assistant put my fears and shame to rest," Teri said. They continued their conversation and the dental assistant told Teri how much she enjoyed her job.

Because of that positive experience and wanting to secure a better financial future for her family, Teri enrolled in the Rogue Community College Dental Assistant program at the Table Rock Campus that very week. She knew she would have to work extra hard to maintain her grades while also holding down a full-time job, but she was determined to make it work for her family's sake.

Allied health scholarships are an important way we can help students from accumulating debt while also filling the need for health care workers in our community.

Mavis Cloutier
Former ACHF Board Member

When Teri learned she could apply for an allied health scholarship, she applied to RCC and was accepted. Receiving the scholarship allowed her to focus on her studies. She has maintained a 4.0 grade

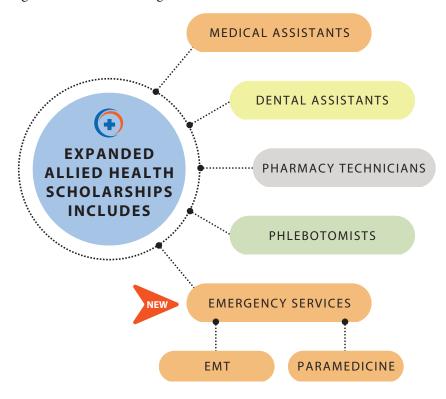


point average and is set to graduate in the Spring of 2023 and step into a dental assistant position at a local dentist's office.

Long time Ashland resident Mavis Cloutier is a former ACHF board member and strong scholarship advocate. Having a daughter who is a dental hygienist gives Mavis special insight into the challenges facing students in the field of health care. "Allied health scholarships are an important way we can help students from accumulating debt while also filling the need

for health care workers in our community."

It is heartwarming to learn firsthand how a scholarship can change the course of a person's—and a family's—life. "This scholarship was truly the blessing that allowed me to succeed at my highest potential," said Teri. "Thanks to ACHF, I was able to set a good example for my children and provide them with a brighter future."



## INTRODUCING OUR NEW ACHF BOARD MEMBERS

We're excited to have these community-minded people on our team!

Blancaluz "Lucy" Brossard was born and raised in Southern Oregon to a migrant family who worked in the orchards around Phoenix and Medford. As an educator in Phoenix-Talent schools, Lucy worked for 9 years with at-risk, homeless youth and students with exceptionalities. She has been a leader in the

post-Almeda fire recovery effort, which led to her hiring as the Regional Disaster Recovery & Resilience Coordinator for Oregon Housing & Community Service. Lucy also serves as board president for the Jackson County Community Long Term Recovery Group.

Diane Knox, originally from Denver, graduated from Colorado State University with a BS in Medical Technology. Throughout her career, she has managed laboratories including Hematology Oncology Associates (Denver) and Boulder Community Hospital. Diane also served as outreach program man-

ager for the Mayo Clinic. She founded WarmHeart, Inc., a nonprofit organization that provided baby blankets to infants in Zimbabwe, and in areas affected by hurricanes Katrina and Rita. In 2010, Diane moved to Ashland where she worked as a mortgage loan officer as well as a personal banker at People's Bank of Commerce before her retirement.

Rosario Medina, a life-long Talent resident, is a Community Care Coordinator for the Phoenix-Talent school district. From an early age, Rosario has helped her parents, family, and community with translating and interpreting as needed. She continues serving the commu-



nity through her work, empowering families to support their children's health and well-being. Rosario is also an adjunct professor at Rogue Community College where she teaches Spanish for early childhood/elementary professionals and is vice president of the teaching association in the Phoenix-Talent district.

Becky Orf, has lived in Ashland for over 45 years, where she began her legal career as a VISTA (Volunteers in Service to America) attorney. Becky has worked in private practice, as a circuit court judge, and as staff counsel for the Oregon Judicial Department. She actively participates in numerous local

boards, task forces, committees, and advisory councils, including as a founding board member of the Rape Crisis Council (now part of Community Works) and the Community Dispute Resolution Center (now Resolve.) Becky volunteered with humanitarian aid groups at the US border with Mexico and is currently a court appointed special advocate (CASA) for foster children.

Nick Palmesano is a Captain at Ashland Fire and Rescue and Realtor at Rogue Real Estate. Nick grew up in Ashland and graduated from Ashland High School (Class of 2003). After high school, he attended the University of Oregon where he graduated in 2007 with a major in Human Physiology and minor in Psychology. Nick began his fire-

fighting career in 2007, spending time at Jackson County Fire District 5 and Rogue River Fire District before landing his dream job at Ashland Fire and Rescue in 2012, where he still serves the community to this day. In 2017, he earned his real estate license, fulfilling another lifelong dream, and has been helping buyers and sellers throughout the valley ever since.

For more information about our board members, visit achfoundation.org/board



#### **FOUNDATION RECOGNIZES 2022 DONORS**

We would like to recognize those who made a commitment to support Ashland Community Health Foundation in 2022

#### **VISIONARIES**

Gifts in 2022 of \$100,000 & above Anonymous Donors

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Gifts in 2022 of \$50,000 to \$99,999 Margaret Evans

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> We are grateful that you have chosen to partner with us to support the health and well-being of our community.

> > Janet Troy ACHF Executive Director

#### FOUNDATION RECOGNIZES LONG-TERM GENEROSITY OF SPECIAL CONTRIBUTORS

We would like to recognize those who have made a long-term commitment to support Ashland Community Health Foundation.

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#### **BERNARD SOCIETY**

10 years or more of consecutive giving to Ashland Community
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## WELCOMING NEW MEMBERS TO THE BERNARD SOCIETY

The Bernard Society was established in 2013 to honor Dick and Jean Bernard who supported Ashland Community Health Foundation with their time, talent, and treasure for 35 consecutive years. Although they are now deceased, their legacy lives on through the Bernard Society.

#### Please join us in welcoming the newest members:

Karen Amarotico Arthur & Laura Baden Marilyn Bailey & Jim LeMay Wes Corey Joy Dobson Way,

MSN, RN (ret.) Barbara Field

Doug & Karen Green

Bush & Joan Hedges
Sharon Hodgett

Sharon Hodgett Mike & Kay Krug

Amy Lepon

Sandy Lutz Paula L. Phillips

Greg & Deborah Provost

Wendy Ray

Jon B. Troy Bud Wilkey

#### TRIBUTE SOCIETY

Recognizes individuals and groups who have had \$1,000 or more donated in their honor or memory between 2010 and 2022.

#### In Memory of

George Aceves
Judith Allen Redpath
Gary Almquist
Allen A. & Katherine M. Alsing
Patricia Amuchastegui
Polly Arnold
Carmon M. Auble
Donna J. Baize
William L. Bates

TRIBUTE SOCIETY continued on next page

#### **TRIBUTE SOCIETY cont.**

#### In Memory of

Don Bennett Brett G. Bernard Dick & Jean Bernard Jeffrey Bernard

The Beswick Family: Richard, Margaret, Lottie & Sarah Beswick

Bruce Black Patricia Boyd Peggy Boyd Kim Boyd

Jeannette Butler, RN

Christopher J. Campbell USAF

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Tootsie Galardi
Dr. Stephen Gary
Phil Gates
Douglas Gentry
Vitus J. Germann
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Mickey Grimm
Steve Groveman
Carl & Irene Hagen
Stan & Doris Hall
Dave Hamilton

Florence Hancock Inman

Susan B. Haskell Mary Heineman

Harold & Christine Henderson

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Hans T. Jorgensen Richard Kelley, DDS Jayne Kinzie

Tony Kinzie
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Junga Knoblich
Vivian Lambe
Gary G. Leifur
Marty Levine
Samuel Evans Lindley

Gregg Lininger

Bill & Emilie Liston Neva Lohman Heard Elliott MacCracken W. Don Mackin

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Carly Manning
Craig S. Mather, MD
Ruth Maxwell
Margaret Mayers
Aneta McIntyre
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Jerry Taylor
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Dorothy Tucker
Robert "Bob" Van Vleet

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Sara Watson Jennings Anthony E. Way, MD, MBA

Richard Westerberg Chris Whitted Sadie Williams Fred Winger David Winslow Gregory Wolfe

Nichole Westerberg

Ralph & Genevieve Wood Michael A. Wurster

Leo Zupan

#### In Honor of

Cynthia Alvarado, RN
Julie Armadore
Karen Amarotico
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of Directors & Staff
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AHS Grizzlie Baseball Teams
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Kirk Garcia, CNA

Grace Christine Helm

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Jo<mark>shua H</mark>iett, MS<mark>W</mark>

Ma<mark>rette Sh</mark>elton E<mark>coff Hu</mark>ckleby

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Danielle Jones, LPN
Brenda Kizzire, RN
Darcy Kleiman, RN
Cuanther O. Knoblish ME

Guenther O. Knoblich, MD

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Araceli Sandoval, CNA

Jocelyn Sanford Debbie Schroer, CNA Lee Shapley, MD Yi Shostrom Betty R. Smith Anna Spellman, RN Bill, Lyn & Nick Troy

Janet Troy Jon & Flo\* Troy Kim Waskiewicz

Anthony E. Way, MD, MBA\* Donna & David Westbrook

Murel Wilson Robin Wilson, CNA Syl Zucker, MSW

12 \* deceased

#### **LIGHTS FOR LIFE CELEBRATES 35TH YEAR**

Thanks extraordinary donor to participation in our 2022 Lights for Life campaign, just under \$100,000 was raised to advance health and wellness initiatives in our community. The ongoing success of this beloved holiday tradition is made possible through your generous support.

Last year was the first time ACHF had a Lights for Life tree in Phoenix! Being able to expand to three locations shows how meaningful the act of giving is to our donors, friends, and neighbors especially when giving in memory or in honor of someone special.

Thank you to our 2022 Lights for Life **Community Partners:** 



If you are interested in becoming a Community Partner in 2023, please contact Kathleen Mackris at 541-482-0367 x1





Sid & Karen DeBoer **Foundation** 

Joy Dobson Way, MSN, RN (ret.)







Burns & **Company CPAs** 





Allen Douma, MD and Elin Silveous

#### **OUR WEBSITE IS** AWARD WINNING

In 2022, we launched our new website designed by Erin O'Kelley Muck and her team at Ruby Slipper Designs. Later in the year, we learned the new site had won the Davey Award. According to Erin, who submitted our site for the award, the International Davey Award honors the achievement of small creative agencies who derive their strength from big ideas.

We couldn't be more thrilled and invite you to check out our website at achfoundation.org.



Non-Profit Website: **Ashland Community Health Foundation** 





Lights for Life Tree, Ashland



Lights for Life Tree, Phoenix

#### **INVESTING IN HEALTH FOR ALL**

#### Community Health Initiative Grants

Earlier this year our foundation invited nonprofits who are expanding or creating access to health and wellness programs in Ashland, Talent, and Phoenix to submit grant proposals.

We were delighted with the innovative projects presented. It is a pleasure to share how your gifts will increase access to health and wellness services in our community. More than \$255,000 has been invested in eleven organizations who stand ready to meet the needs of our community each and every day:

Jackson County Sexual Assault and Response Team – School Sexual Violence Prevention Program to increase parent and guardian involvement and ensure all materials are available to Spanish speaking parents.

**La Clinica** – Increasing Behavioral Health Services at Ashland High School by hiring a second mental health provider for the Ashland School-Based Health Center.

Mercy Flights Mobile Integrated Healthcare serves Ashland, Talent, and Phoenix communities through the mobile delivery of services and resources. Funds will be used to purchase a new vehicle, which will expand the infrastructure of the program.

**OHRA** – Resource Navigation Services to support those experiencing housing instability by allowing them to increase staff to respond to those in need.

**Oregon Adaptive Sports** – Moving Mountains Project will help fund their adaptive ski program in partnership with Mt. Ashland. The program serves children and adults with a wide range of disabilities by fostering access to outdoor recreation.

Rogue Valley Farm to School – Digging Deeper Partnership will help integrate the six principles of Trauma-Informed Nutrition and Feeding into their program at the Phoenix-Talent School District, and expand to the TRAILS outdoor school in Ashland.

**Rogue Valley Mentoring** – Mentoring Program for Talent Middle School provides mentoring circles to all 6th grade students, and voluntary mentoring to 7th and 8th grade students.

Southern Oregon Jobs with Justice – Community Peace Meal program that serves meals to seniors, children, and vulnerable populations on an almost daily basis. Funds will provide seed money to support the purchase of a mobile food pantry that can deliver prepared meals around Ashland and the edge of Talent.

**Talent Maker City** – Accessibility & Connection Collaboration in partnership with the local Oregon Spinal Cord Injury Connection will provide ongoing wheelchair maintenance workshops.

The United Rotary Clubs of Southern Oregon – Dolly Parton Imagination Library program will benefit registered children from birth to age five in Ashland, Talent, and Phoenix by providing a book each month.

Thanks to the generosity and investment of our donors we are thrilled to be able to help people of all ages in Ashland, Talent, and Phoenix live their healthiest lives. Thank you for caring! Your gifts to ACHF have been a catalyst, through which we all benefit.

## FIELD OF INTEREST GRANT

Included in our grant awards is one from an established Field of Interest Fund.

Community Care Fund provides health care services and programs to vulnerable populations.

Ashland Emergency Food Bank – Pantry Expansion project to support an increase in staffing to identify local partners where offsite food pantries can be located. Offsite pantries will make food more accessible to those in need.

Field of Interest Funds help donors support specific charitable causes they are passionate about. Such as services for seniors, children's health, or mental health. If you would like to learn more about establishing a Field of Interest Fund with ACHF please contact Kathleen Mackris at 541-482-0367 x1.



#### CALLING FUTURE ROGUE VALLEY NURSES

The William G. & Ruth T. Evans Endowed Nursing Scholarship application for registered nursing students is now open for the 2023-2024 academic year. The application deadline is Monday, June 26, 2023 by 5 p.m.

The Evans Endowed Nursing Scholarship was established in 2002 by Ruth Evans to address the nursing shortage in the

Rogue Valley. Since its creation, more than \$1,100,000 in scholarships have been awarded to over 300 nursing students.

Visit achfoundation.org for eligibility information and application require-

ments.





#### **ELIGIBILITY**

#### **OHSU ASHLAND OR RCC**

· Enrolled in a nursing degree program at **OHSU Ashland** or **RCC** 

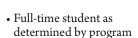
OR

 Accepted to OHSU **Ashland Accelerated BSN** program

OR

• RCC graduate accepted to OHSU's RNBS Completion program

#### **ACADEMIC STATUS**



- In junior or senior year at OHSU or 2nd year at **RCC**
- Good academic standing
- Nursing program GPA of 3.0+

OR

• Prerequisite GPA of 3.0+

#### **CRITERIA**

- Intend to work in the Rogue Valley
- Merit shown through GPA and/or letters of recommendation
- Express clear commitment to nursing
- Show outstanding character with leadership potential
- Demonstrate financial need

# Congratulations 2022 Evans Nursing Scholarship Recipients!

#### **GIVE A GIFT TO THE FUTURE**

When you give to Ashland Community Health Foundation, you know your gift has a direct impact on the people in your community you care so much about. Your support helps ACHF be a vital force in ensuring everyone has access to the health and wellness services they need.

There are many ways you can give that can increase the impact of your gift. One of the easiest ways to support our mission for years to come and to leave a lasting legacy is to make a gift to ACHF through your will or trust.

If you would like to make a lasting impact on your community, simply include this sentence in your will: "I give to Ashland Community Health Foundation, a nonprofit corporation currently located at 123 Clear Creek Dr., Ste. 101, Ashland, OR 97520, or its successor thereto,

written amount percentage of the estate or description of property for its unrestricted charitable use and purpose."

If you would like to learn more, please contact Kathleen Mackris at 541-482-0367 x1. We'd love to honor you as a member of our Legacy Society.





Invest • Innovate • Impact

123 Clear Creek Drive, Suite 101 Ashland, OR 97520

541-482-0367

achfoundation.org

Tax ID # 93-0691238

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**Vision.** Ashland Community Health Foundation (ACHF) leads philanthropic efforts to advance innovative and equitable approaches to community health and wellness.

 ${\it Mission.}$  Ashland Community Health Foundation generates and invests resources to improve the health of our community.